Eating Light and Healthy

Eating light and healthy is a key component to better health. Below are some tools to help you eat light and healthy.

1. Eat a healthy breakfast. People who eat breakfast usually feel less hungry throughout the day. An example of a healthy breakfast is: 1 cup oatmeal, 1 ounce walnuts, 1 ounce raisins.
2. Drink a glass of water or tea before a meal. This will help you curb your appetite and cause you to eat less.
3. Eat complex carbohydrates. Complex carbohydrates are low in fat, fast-burning, and rich in vitamins and minerals. Some examples of these foods are: whole grain cereals, rice, bread, pasta, beans, nuts and some types of fruits and vegetables.
4. Sit down while you eat. It is too easy to overeat while you are standing.
5. Exercise. Exercise burns calories and suppresses your appetite.
6. Don't give up! If you are having a hard time following good eating habits, continue to try. Hard work pays off!
7. Think about eating light and healthy every day. The first couple days will be difficult, but once you've done it over and over again, it will become second nature and you will have an easier time eating healthy.
8. There's no such thing as cheating. If you can't eat healthy and light everyday, think of the days that you eat 'unhealthy' as wandering and not cheating. Wandering is not wrong or bad. It is a normal way to eat.
9. Eat less more often. If you eat less and more often, you won't feel like you are 'starving' yourself. The key words are 'eat less'.

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